

# Leon County Senior Outreach

December 2011/

January 2012



## Bradfordville

Wildwood Presbyterian Fellowship Hall,  
100 Ox Bottom Road

**Bradfordville Lunch and Learn:** Wed, Dec 14,  
10:30 am – 12:30 pm. Allegro Heritage Oaks' very own Gangsta Grannies will perform, along with holiday music from the Angel Band. Dessert and door prizes provided by Allegro Heritage Oaks. Suggested \$6 for lunch. No Lunch and Learn in Jan.



Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**Senior Fitness Beginners:** Tue & Thur, 10:30 – 11:15 am. Suggested \$2 donation.

**Senior Fitness Intermediate:** Tue & Thur, 11:30 am – 12:30 pm. Suggested \$2 donation.

**Senior Fitness – Afternoon Class:** Tue & Thur, 1 – 2 pm. Suggested \$2 donation.

**Social Bridge:** Mon, 12:30 – 3:30 pm. Suggested \$1 donation.

**Lifelong Learning:** New classes start in Feb.

## Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Lunch and Learn:** No Lunch and Learn in Dec or Jan.

**Senior Fitness Class:** Mon, Wed & Fri, 9:15 – 10:15 am. Suggested \$2 donation.

## Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

**Fort Braden Lunch and Learn:** Tue, Dec 20, 10:30 am – 12:30 pm. Suggested \$6 lunch donation. No Lunch and Learn in Jan.

**Senior Fitness Class:** Mon & Wed, 10:30 – 11:30 am. Suggested \$2 donation.

**Zumba Fitness:** Mon & Wed, 6:30 – 7:30 pm; Tue and Thur, 10 – 11:00 am. \$3 per class (under 55), \$2 per class (55+)

## Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

**Miccosukee Lunch and Learn:** Thur, Dec 1, 10:30 am – 12:30 pm. Suggested \$6 lunch donation. No Lunch and Learn in Jan.

**Bus Trip to WalMart:** Fri, Dec 2 & Jan 6, 10 am – 12:30 pm. \$2 round-trip.

## Woodville

Woodville Community Center, 8000 Old Woodville Road

**Woodville Lunch and Learn:** Thur, Dec 8, 10:30 am – 12:30 pm. Suggested \$6 lunch donation. No Lunch and Learn in Jan.

## Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

# Calendar

Call 891-4065 or 891-4033  
for more information



**Grandparents as Parents (GaP) :** No events scheduled for Dec or Jan. See you in Feb

## *Ring In the Season with these Holiday Concerts at the Tallahassee Senior Center*

Holiday Harmony Concert by the Capital Chordsmen Barbershop Chorus and Quartets  
Thur, Dec 8, 7 pm  
Tickets are \$12.50 for adults, \$10 seniors (65+) and \$5 students. Available at the door or in advance from Robbie Brunger (call (850) 224-7229 or email [brungerrob@embarqmail.com](mailto:brungerrob@embarqmail.com)). For adults and seniors (65+), early bird tickets are \$8 if purchased before Thanksgiving (Nov. 24).

Tallahassee Community College Jazz Band  
and the Capital City Concert Band  
Mon, Dec 12, 7:30 pm

Suggested admission at the door is \$5. Children under 12 are admitted free. All proceeds benefit the Tallahassee Senior Center and Foundation.



## *Coming Events in 2012*

### **Capital City Senior Games, March 15-19, 2012**

An event of the Tallahassee Park, Recreation & Neighborhood Affairs

Athletic competitions for anyone age 50 or better. May be a total amateur (who has never competed before) or a serious competitor (who can qualify for the state level, and from there to the national level). Begin training now to compete in table tennis, horseshoes, volleyball, basketball shooting, cycling, track & field, swimming, and more!

### **Tallahassee Active Lifelong Leaders, Jan 24 – March 13, 2012**

Registration is now open for the Tallahassee Active Lifelong Leaders program. TALL provides an opportunity for area seniors to enhance positive change in the community through advocacy and volunteerism.

TALL, an opportunity for interested active seniors (55+) to get an in-depth look at various aspects of our community, provides a community snapshot of the cultural, political, safety, legal and justice, educational, environmental, and health and human services climate. Site visits bring participants together with community leaders, and through interactive activities, they become better equipped to enhance positive change and growth in the community. The extremely popular TALL program involves members of the Tallahassee community as participants, sponsors, facilitators, and educators. Patterned after the Tallahassee Chamber of Commerce's Leadership Tallahassee program and in partnership with the Chamber, the Tallahassee Active Lifelong Leaders (TALL) is now accepting applications for Class 5. Program days will be every Tuesday from Jan. 24 through March 13; cost is \$95. For more information or to receive an application, please contact Hella Spellman at 891-4007 or [hella.spellman@talgov.com](mailto:hella.spellman@talgov.com).